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ROLE OF SOME AYURVEDIC DRUGS IN MANAGEMENT OF *KAPHAJAGRAHANI DOSHA*: A SINGLE CASE STUDY

Rajneesh Pathak*¹

Bharat Mungra²

Nisha Prajapati³

1. M.D.(Ayu) Scholar, Department of Kaychikitsa, Akhandanand Ayurved College, Ahmedabad, Gujarat.
2. Department of Kaychikitsa, Akhandanand Ayurved College, Ahmedabad-380001, Gujarat.
3. M.D.(Ayu) Scholar, Department of Kaychikitsa, Akhandanand Ayurved College, Ahmedabad, Gujarat.

Abstract:

In the modern era sedentary life style, poor dietary habits and stress play a key role in the development of all disease. These factors primarily initiate gastrointestinal tract disturbances that results in poor digestion, absorption and retention capacity of gut. One of the most common digestive disorders prevalent in the society is *grahanidosha* a type of GI disturbance. *Grahani* has *adhara adheya sambandh* (inter related) with *agni*. *Grahani* is considered to be *agni adhisthan* (place). Malfunction of *agni* or *mandagni* causes improper digestion leading to *grahanidosha*. In *samprapti* (Pathogenesis) of *grahani dosha*, *agnimandya* and *sama dosha* are some important causal factors. *Acharyasushruta* considered *Atisara* as one of the predisposing factor of *grahani roga*.

A 24 years Muslim male patient residing in Shahpur (Ahmedabad) came to OPD of Kayachikitsa Dept., Akhandanand Ayurved college & hospital, Bhadra, Ahmedabad. He wanted a permanent solution of his symptoms. Considering *chikitsa sutra* (treatment plan) of *grahani dosha* *Haritaki shunthi churna*, *Lavana Bhaskar churna*, *chiktrakadi vati* and *kutaj ghan vati* were selected which contains *katu*, *tikta rasa*, *ushna* and *tikshna gunadru*gs which will improve *agni*, will cause *amapachana*, *anuloman* of *vata dosha* and give strength to *grahani*.

For Corresponds:

Name of Author: Rajneesh Pathak

Email:

drrajneeshpathak5sept@gmail.com

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Introduction:

In the modern era sedentary life style, poor dietary habits and stress play a key role in the development of all disease. These factors primarily initiate gastrointestinal tract disturbances that results in poor digestion, absorption and retention capacity of gut. One of the most common digestive disorders prevalent in the society is *grahani dosha*¹ type of GI disturbance. *Grahani* has an *adhara adheya sambandh* (inter related) with *agni*. *Grahani* is considered to be *agni adhisthan*² (place). Malfunction of *agni* or *mandagni* causes improper digestion leading to *grahani dosha*. In *samprapti* of *Grahani agnimandya*, *sama dosha* are some important factors.

Acharya sushruta also considers *mandagni* and *atisar*³ as one of the predisposing factor of *grahani roga*. *Muhurbadham*, *muhurdravammala pravritti*, *durgandhit pichhil mala*, *udara gauravata*, *arochakata*, *avipaka*, *vidahaet*⁴ are some of the clinical features seen in the patients. Four type of *grahani vikara* has been mentioned by *acharya charaka* based on the *dosha* involved as *vataja*, *pittaja*, *kaphaja*, *sannipataj*⁵. In *samprapti* of *grahani agnimandya and sama dosha* are some important factors.

A 24 years Muslim male patient residing in Shahpur (Ahmedabad) came to OPD of Kaychikitsa Dept., Akhandanand Ayurved college & hospital, Bhadra, Ahmedabad. He wanted a permanent solution of his symptoms that were *Muhur-baddha and muhur drava mala pravritti*, *Pichhila mala swaroop*, *Udgara pravritti- madhur*, *Udarashoola*, *Aruchi*, *Bala kshaya*, *Tamah pravesh*, *Alasya* and Weight loss.

Considering *chikitsa sutra*² (treatment plan)of *kaphajagrahani dosha* *Haritaki shunthi churna*³, *Lavana bhaskar churna*⁴, *chiktrakadi vati*⁵ and *kutaja ghan vati*⁶ were selected which contains *katu*, *tikta rasa*, *ushna and tikshna guna* drugs which will improve *agni*, will cause *amapachana*, *anuloman* of *vata dosha* and give strength to *grahani*.

After 2 months of regular treatment he was cured moderately and recurrence of his symptoms were not seen.

Methods and material:

Patient was selected for this case study from OPD department of *Kayachikitsa*. All drugs were given from college pharmacy section of general OPD.

The study was divided in three steps:

1. Planned for *Deepan*, *anulomana* and *ama pachana* for 5 days.
2. *Deepan* and *Ama pachana* for 1 month.
3. *Deepan*, *Ama pachana* and *grahi chikitsa* for 1 month under follow up.

Case Report:

A 24 years Muslim male patient residing in (Ahmedabad) came to OPD of *Kayachikitsa* Dept., Akhandanand Ayurved college & hospital, Bhadra, Ahmedabad; with the following complaints:

Sr.No.	<u>Chief complaints:</u>	Since	1 st day (th Nov) of complaint scoring ⁱ
1.	<i>Muhur-baddha</i> and <i>muhur drava mala pravritti</i>	1 year	++
2.	<i>Pichhila mala swaroop</i>	1 year	++
3.	<i>Udgara pravritti- madhur</i>	6 months	+
4.	<i>Udarashoola</i>	1 year	+
<u>Associated symptoms</u>			
1.	<i>Aruchi</i>	6 months	++
2.	<i>Bala kshaya</i>	1 year	++
3.	<i>Tamah pravesh</i>	1 month	+
4.	<i>Alasya</i>	1 year	++
5.	Weight loss	6 months	+
6.	<i>Chardi</i> (vomiting)	1 week	+

- Past History: He was already diagnosed with mild colitis changes on ultrasonography.

Appendicitis 7 years ago.

- Treatment history: Appendectomy 7 year ago

Regularly taken antibiotics and mesocol since 6 months for colitis changes but recurrence of symptoms multiple of times and he stopped all his allopathic medicines. He came in OPD of *Kayachikitsa* (medicine) department for permanent solution through Ayurveda.

- Dietary History: Excessive consumption of *katu* and *ushna tikshna ahar*, occasionally *Viruddha Ahara* i.e. *Lavan rasa* with milk. Also regularly taken non-veg food and spicy foods and cold drink regularly.

- No addiction of alcohol.

- Investigation: Patient was advised for routine, microscopic and USG Abdomen.

All routine blood investigation as CBC, Sugar Level, LFT, RFT, Urine Routine and Microscopic examination found normal, but in stool mucus was present.

On Ultrasonography- No any inflammation suggested.

On Examination:

CVS- S₁S₂ normal, heart rate- 90, B.P.- 110/70 mmHg.

CNS- well conscious, no any disease found.

RS- no any disease found.

GIT- Dullache on palpation in epigastric and umbilical regions and felt heaviness.

1-3/per 30 sec borbogomy sounds found.

- Family History: Nil
- Mental status: stressfull life, *Rajas prakriti*
- Prakriti- *Vatapaitika*, *Nadi-Vatikakaphaj*.

Treatment Plan⁷:

Considering the signs and symptoms of patient, treatment was followed according to Kaphaja *Grahani dosha*⁸ Treatment plan as following:

Step 1st:Planned for *Deepan, anulomana* and *ama pachana*-

Haritaki 3gm and *shunthi churna* 1gm were given before meal twice a day with lukewarm water for 5 days and after that;

Step 2nd:*Deepan* and *Ama pachana* were planned for 4 weeks continuously-

- Lavana bhaskar churna* 5gm twice a day with butter milk before meal.
- Chitrakadi vati* 2 tab. twice a day with lukewarm water after meal.

Step 3rd:*Deepan, Ama pachana* and *grahi chikitsa* for next 4 weeks-

- Lavana bhaskar churna* 5gm twice a day with butter milk before meal.
- Chitrakadi vati* 2 tab. twice a day with lukewarm water after meal.
- Kutaja ghan vati* 2 tab twice a day with butter milk before meal.

Result and observation:

Sr.No.	Complaints	BT Grading	After 4weeks	After 8weeks
1.	<i>Muhur-baddha</i> and <i>muhur drava mala pravritti</i>	++	+	0
2.	<i>Pichhila mala swaroop</i>	++	+	0
3.	<i>Udgara pravritti- madhur</i>	+	0	0
4.	<i>Udarashoola</i>	+	0	0
<u>Associated symptoms</u>				
1.	<i>Aruchi</i>	++	+	0
2.	<i>Bala kshaya</i>	++	+	0

3.	<i>Tamah pravesh</i>	+	0	0
4.	<i>Alasya</i>	++	+	+
5.	Weight loss	+	+	0
6.	<i>Chhardi (vomiting)</i>	+	0	0

Discussion:

The *Grahani Dosha* is mainly produced by the *Agni dushti* (mainly *Mandagni*). *Ama* is the undigested condition of *Annarasa*, it needs proper *paka*. The accumulation of *Ama* in *Grahani* and in various systemic regions will be manifested by symptoms of *Grahani Dosha*.

According to above symptoms of patient, he was diagnosed with *kaphaja grahani dosha* (i.e. *Bhinna ama shleshma sanshrista guru mala pravritti, Hrillasa, chhardi, arochaka, Udara Gaurava, Praseka, Trishna, madhur Udgara, daurbalya, alasya*).

Haritaki shunthi churna, Lavana bhaskarchurna, chiktrakadi vati and kutaja ghan vati were given to patient having *katu, tikta rasa, lavana rasa, ushna and tikshna properties*. This drug composition has *Deepana, ama pachana and anulomana* properties which correct the *Agni Dushti* and stop the further *ama* production and break the basic pathology of *grahani dosha*.

Takra is used in *Garavisha, Sopha, Atisara, Grahani, Pandu, Arsa, Pliha roga, Aruchi, Vamana, Trishna, Shoola, Medoroga, Mutrakrichha*, disease produced because of *ayoga and atiyoga of sneha*⁹.

Conclusion:

On taking above medicines patient was mildly improved within 1 month and after regular follow up of next 4 weeks he has become moderately improved. It is concluded that above medicines i.e. *Lavana bhaskar rasa, haritaki shunthi churna, chiktrakadi vati and kutaja ghan vati* are much helpful in treatment of *Kaphaja Grahani dosha*.

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